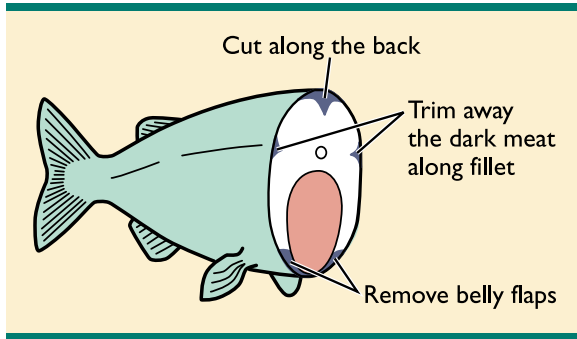


YOU CAN REDUCE THE HARMFUL CHEMICALS YOUR FAMILY EATS IF YOU...



- Fillet the fish and throw away the skin, head, guts, kidney, and liver.
- Harmful chemicals build up in the fatty meat of fish. Trim the fillet to remove the fatty meat.



- Bake, broil, steam or grill fish.
- Throw away cooking juices.
- Avoid frying, which seals in chemical pollutants contained in the fish's fat.
- Use only trimmed fillets when preparing soups, stews or chowder.

Note: Proper trimming and cooking reduces most harmful chemicals, but does not reduce the level of mercury in fish.

NOTICE!



Chemicals in fish can be harmful to health, especially to babies and young children. For this reason, it is important that people follow the advice in this brochure, particularly women who are pregnant or might become pregnant, nursing women and young children.

For more information on fish caught in Delaware:

- **Delaware Department of Natural Resources and Environmental Control:** 302-739-9902
www.fw.delaware.gov
- **Delaware Health and Social Services Division of Public Health:** 302-744-4546

Fish consumption advisories are a result of joint action taken by the Delaware Department of Natural Resources and Environmental Control (DNREC) and the Delaware Department of Health and Social Services' Division of Public Health (DPH). Advisory signs are posted by DPH at waterways where fish consumption advisories have been issued.

DNREC continues to monitor water quality in Delaware's waterways and test fish for harmful chemicals. Additional advisories may be issued throughout the year. For the latest fish consumption advisory information, visit DNREC's web site, www.fw.delaware.gov or contact DNREC at (302) 739-9902.

Eating fish in moderation and as part of a healthy diet may provide cardiovascular and other health benefits. Fish consumption advisories are issued to help people make informed decisions that will maximize the health benefits of eating fish while minimizing the risks of exposure to potentially harmful chemicals.

This brochure is a collaborative effort of:



Delaware Department of
Natural Resources and
Environmental Control



Delaware Health and
Social Services
Division of Public Health



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Cover photo: Jared Jacobini, DNREC Division of Fish and Wildlife

FISH SMART, EAT SMART

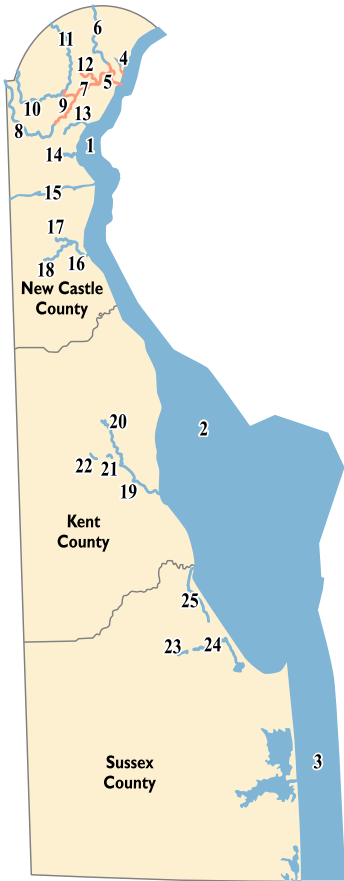
A GUIDE TO EATING SPORT FISH CAUGHT IN DELAWARE






**To protect your family's health,
follow the advice in this brochure!**

2014 - 2015

2014 – 2015 DELAWARE SPORT FISH CONSUMPTION ADVISORY



 Limited consumption
 No consumption
 County boundary

BODY OF WATER	SPECIES	GEOGRAPHICAL EXTENT	MEALS/YR. (8 OZ. SERVING)
1 Delaware River	All Finfish	Delaware State Line to the Chesapeake & Delaware Canal	1*
2 Lower Delaware River and Delaware Bay	Weakfish – all sizes Bluefish – 14 inches or less	Chesapeake & Delaware Canal to the Mouth of the Delaware Bay	12
	Bluefish – greater than 14 inches	Chesapeake & Delaware Canal to the Mouth of the Delaware Bay	1*
	Striped Bass, White Perch, American Eel, White Catfish, Channel Catfish	Chesapeake & Delaware Canal to the Mouth of the Delaware Bay	2*
3 Delaware Atlantic Coastal Waters including Delaware Inland Bays	Striped Bass	Coastal Delaware from the Mouth of the Delaware Bay Southward to MD/DE State Line	2*
	Bluefish – greater than 14 inches	Coastal Delaware from the Mouth of the Delaware Bay Southward to MD/DE State Line	1*
	Bluefish – 14 inches or less	Coastal Delaware from the Mouth of the Delaware Bay Southward to MD/DE State Line	12
4 Shellpot Creek	All Finfish	Gov. Printz Blvd. to the Delaware River	0
		Upstream of Gov. Printz Blvd.	1
5 Tidal Brandywine River	All Finfish	River Mouth to Baynard Blvd.	0
6 Non-Tidal Brandywine River	All Finfish	Baynard Blvd. to DE/PA State Line	6
7 Tidal Christina River	All Finfish	River Mouth to Smalley's Dam	0
8 Non-Tidal Christina River	All Finfish	Smalley's Dam to DE/MD State Line	6
9 Tidal White Clay Creek	All Finfish	River Mouth to Route 4	0
10 Non-Tidal White Clay Creek	All Finfish	Route 4 to DE/PA State Line	12
11 Red Clay Creek	All Finfish	PA/DE State Line to Stanton	6
12 Little Mill Creek	All Finfish	Creek Mouth to Kirkwood Highway	0
13 Army Creek and Pond	All Finfish	Entire Creek and Pond	2
14 Red Lion Creek	All Finfish	Route 1 to the Delaware River	2
	All Finfish	Upstream of Route 1	12
15 Chesapeake & Delaware Canal	All Finfish	Entire Canal in Delaware	1
16 Appoquinimink River	All Finfish	Tidal Portions	1
17 Drawyers Creek	All Finfish	Tidal Portions	1
18 Silver Lake (Middletown)	All Finfish	Entire Lake	1
19 Saint Jones River & Silver Lake (Dover)	All Finfish	Main River and Entire Pond	4
20 Fork Branch	All Finfish	McKee Road to College Road	24
21 Moores Lake	All Finfish	Entire Pond	12
22 Wyoming Mill Pond	All Finfish	Entire Pond	24
23 Waples Pond	All Finfish	Entire Pond	12
24 Prime Hook Creek	All Finfish	Entire Creek	12
25 Slaughter Creek	All Finfish	Entire Creek	6

DELAWARE STATEWIDE ADVISORY FOR FRESH, ESTUARINE & MARINE WATERS

All Waters NOT Specifically Listed in the previous chart

All Species NOT Specifically Listed

No More than 1 Meal Per Week

STOCKED TROUT ADVISORY

Christina Creek

Stocked Trout

6 Meals Per Year

Designated trout streams and ponds, other than Christina Creek

Stocked Trout

1 Meal Per Month

ADVISORIES ISSUED BY THE FEDERAL GOVERNMENT

Fish consumption advisories and information on fish purchased from seafood retailers are available on U.S. government websites:

U.S. Environmental Protection Agency:

www.epa.gov/ost/fish

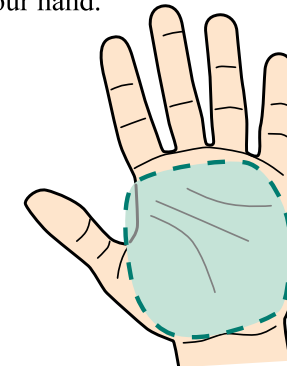
U.S. Food and Drug Administration:

www.cfsan.fda.gov/seafood1.html

A meal is:

- 3 ounces for children
- 6 ounces for women of childbearing age
- 8 ounces for the average adult

A 3-ounce meal is about the size of the palm of your hand.



* Women of childbearing age and children should not eat any amount of these fish.